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## Produce Plenty

New program launched to help food banks. Page 4

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Soil assessment for Inco CBRA process now online. Page 8

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Nickel Beach has been posted unsafe for swimming. Page 23

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# INPORTNEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 21 VOLUME 14

For news updated daily see [www.inportnews.ca](http://www.inportnews.ca)

### SAFETY AWARENESS DAY

## Kids to mix with firefighters, police

KAESHA FORAND  
 InPort News Staff

PORT COLBORNE — Teaching children about safety is important. Developing positive habits at a young age will help them lead safer lives.

see RESPECT | Page 2

### FOOD DERBY: Port Colborne schools donate 1,500 boxes of Kraft Dinner to Port Cares

# KD comes crashing down

JOHN VESSOVAN  
 InPort News Staff

PORT COLBORNE — One at a time, the cheesy boxes came tumbling down on the gym floor at Port Colborne High School.

The students cheered and roared as Port Cares thanked their lucky stars and the school community's support.

About 1,500 boxes of Kraft Dinner macaroni and cheese were lined up inside Port High's gym for a food derby like no other. The boxes, which took about two hours to line up in fancy and creative designs, dropped like dominoes after coming in contact with a toy truck, which set off the derby.

Students and teachers benefited from watching the three-minute show unfold, while the clients at Port Cares — a local non-profit organization that strives to combat social issues and poverty in the city — will no doubt benefit from the 1,500 boxes of Kraft Dinner that has been donated to them.

see DONATION | Page 2

JOHN VESSOVAN Staff Photo

Students and teachers at Port Colborne High School set up 1,500 boxes of Kraft Dinner macaroni and cheese collected for a food derby.



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## ■ RESPECT AND SAFETY

# Safety displays from many groups at event

FROM PAGE 1

To teach those important skills, the 17th annual Safety Awareness Day will be held at the Port Colborne Fire and Emergency Services headquarters on Killaly St.

On Saturday, May 29, from 10 a.m. to 1 p.m., parents and their children are encouraged to attend the free event that features a bicycle rodeo in which children must follow a course with traffic lights and stop signs and properly use hand-turn signals to learn road safety and a fire safety obstacle course. Children can have their bicycles checked for safety and have their helmets properly fitted.

Safety displays will be presented by St. Lawrence Seaway Management Corp., Red Cross, Think and Drive, Block Parents, OPP C/N Rail and Port Colborne High School and Lakeshore Catholic Ontario Students Against Impaired Driving groups.

Niagara Regional Police canine and marine units will be in attendance with dogs and a boat, in addition to the ATV unit and auxiliary and community service officers.

"It's to promote a relationship between police, the fire department and the public," said event chair Michelle Giancola. "It teaches children respect and safety."

For more information, call Giancola at 905-434-2173.

For the first year, the Township of Wainfleet will host its own Safety Awareness Day, on Saturday, June 12.

[info@wellandtribune.ca](mailto:info@wellandtribune.ca)

KAESHA FORAND Staff Photo

Port Colborne Safety Awareness Day is around the corner. District 6 Cmdr. Joe Garvey, event chair Michelle Giancola, fire prevention officer Mike Bendia and Sgt. Tom MacLean are pictured at the fire hall with Sparky the fire safety dog to prepare for the event.



## ■ DONATION

## Port Cares thankful for donation

FROM PAGE 1

Judy Cassan of Port Cares attended the event last week and was overwhelmed with what she witnessed. The outpouring of support served as a pleasant surprise for her. She said there are people in Port Colborne who need this food to survive and the need is always rising and that this type of event promotes the community and awareness for Port Cares. "I didn't realize it was of this magnitude. This is great, I'm impressed," Cassan said of the event, which incorporated students at Port High, DeWitt Carter, McKay, Oakwood, Steele, Winger and William E. Brown elementary schools.

"Port Cares is really thankful for the quantity of the

donation."

Port High principal Nigel Evans said the event was a result of discussion held amongst the family of schools in Port Colborne and nearby Wainfleet. It was fairly easy to get everybody on board for this charitable cause.

"We look at things that we can do together as a group to help promote the schools as well as things to work on for the community and with the community," Evans explained before the boxes of food came crashing down.

"So, the idea was this time of year usually at Port Cares puts out the request for some assistance, and we thought this would be a fun thing to do.

"The idea was to get as many students as possible involved, give them that sense of community, that sense of

giving. "As soon as this event is finished, it's going to be boxed up and it's going to be delivered right away to Port Cares and it's going to be out there in the community helping people. All of it — every single box."

Mapping out the course and setting it up was time consuming for students, but they had an enjoyable time performing the task.

"I think as the event was nearing, the student population has warmed up to it. The students have loved every minute of it, it's a great event for a great cause," he said.

He said he hopes this will become an annual extravaganza that the local schools are take part in together.

[jvessoyan@wellandtribune.ca](mailto:jvessoyan@wellandtribune.ca)

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## Ultimate Frisbee

DAVE JOHNSON Staff Photos

In the photos clockwise from left: Port High's Jesyka Poirier gets ready to pass the frisbee as teammate Carson Boutillier heads up field during the third ultimate Frisbee high school tournament last week in Port Colborne. Two teams from Eden competed against Port High and Sir Winston Churchill on a soggy gridiron at Port High. The host Blue Bears edged Churchill 6-5 for the title though the Bulldogs stormed back with three straight points in the final four minutes of the game; Port High's Lyle Hill, foreground, makes a diving catch as an Eden player watches; Port High's Kody Crandell, in blue, passes the Frisbee past as an Eden player runs past; and Port High's Jacob Attrill, in blue, passes the Frisbee past an Eden player.

# IMPORT NEWS

Published by InPort News

Osprey Media Publishing Inc.

228 East Main St., PO Box 278

Welland, ON L3B 5P5

Tel: 905-732-2411 Fax: 905-732-3660

import@wellandtribune.ca

Ken Koyama, publisher, general manager

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## ■ ourview

# Produce Plenty, Give to Many

With 15% of families in Port Colborne in poverty, the price of fresh produce rising by 30% in the past year and more people than ever relying on food banks and community meal programs, a new program launched here is welcome news.

Produce Plenty, Give to Many is a new program between Port Cares, Salvation Army and Port Colborne Inter-Church Food Bank.

The program, said Port Cares Reach Out Centre manager Mary Anne Feagan, asks area gardeners to donate any excess fresh produce in their garden. Gardeners can donate whole rows or their whole garden if they want.

The program is looking for such things as potatoes, onions and squash which are easily stored, but all produce including cucumbers, tomatoes and fruit are appreciated. The program is a great idea.

Fresh food is very important, especially fruits and vegetables. Fresh items are better and healthier for not only the clients of food banks and community meal programs, but for us all.

We encourage all gardeners to plant a little bit more this year and help out this new program and make it a success.

# Port schools show they care

One at a time, 1,500 boxes of Kraft Dinner macaroni and cheese came tumbling down on the gym floor at Port Colborne High School last week.

Students cheered and roared as Port Cares thanked the school and its feeder schools — DeWitt Carter, Mickey Oakwood, Steele, Winger and William E. Brown — for their support.

Port High principal Nigel Evans said the event was a result of discussion held amongst the family of schools in Port Colborne and nearby Wellfleet.

It was fairly easy to get everybody on board for this charitable cause, he said.

Judy Cassan of Port Cares attended the event and was overwhelmed with what she witnessed. The outpouring of support served as a pleasant surprise for her. She said there are people in Port Colborne who need this food to survive and the need is always rising and she likes this type of event promotes the community and awareness for Port Cares.

We congratulate the schools for their efforts in helping Port Cares.

# Fox on the run: 30 years later



George Duma  
BY GEORGE

Another season of the Readings at Roselawn Authors' Series came to a close Thursday evening.

As my deadline for this column is Monday morning, due to printing press deadlines, I can't tell you what happened last night, only that *Toronto Star* reporter Leslie Scrivener was scheduled to read from her book *Terry Fox: His Story* and discuss how she came to write it.

Exactly 30 years ago, the Canadian icon was well under way toward establishing himself as a national treasure.

Fox, the one-legged runner from Port Colquhain, B.C., of course lives on in infamy as one of our heroes thanks to his Marathon of Hope.

On April 12, 1980, the 21-year-old athlete who had lost a leg to cancer at 19 set out from St. John's, N.L., to begin his run across Canada. The idea was to raise \$1 million for cancer research, a princely sum in 1980. He later raised that goal to \$22 million, a dollar for every Canadian.

I remember it well. Fox's run started quietly, without much fanfare. The initial support varied from community to community and went from nil to supportive. But it certainly was nothing like what it would become.

Fox's prosthetic leg was painful to run on, and there were always traffic and extreme weather conditions to deal with.

By the time he had covered more than 3,000 kilometres and moved into Ontario, word had spread. Suddenly, thousands were cheering him on as he ran across the province. A crowd of 10,000 met him in Nathan Phillips Square at Toronto's City Hall to honour him. Toronto Maple Leafs captain Darryl Sittler gave Fox his 1980 All-Star Game jersey.

As he continued through southern Ontario, Hall of Famer Bobby Orr met him and presented him with a cheque for \$25,000. Fox would later say the meeting with Orr was his personal highlight of the entire run.

As we know, Fox was forced to cut short his Marathon of Hope in September 1980, near Thunder Bay when his cancer returned and spread into his lungs.

On June 28, 1981, the cancer took him.

My first newspaper job out of college was in Little Current, on Manitoulin Island at the *Manitoulin Express*, about a year after Fox began his run on the East Coast. It was a contract position for the summer, stretching into September of that year. The *Express*'s owner-publisher Rick McCutcheon is one of the finest gentlemen I've ever been fortunate enough to meet in this business.

He was kind, generous, thoughtful, and always the calm in the eye of whatever storm might whip up in the *Express*.

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tor's small building on Manitoulin's north shore.

The Terry Fox legacy was still very fresh in everybody's mind then. After all, it was less than a year earlier that Fox had passed by, about 40 kilometres north of Little Current along the Trans Canada Highway just outside of Espanola. The *Express* had covered the run extensively.

That June, two months into my stint at the paper, became a time of mourning in the *Express* building, as it was everywhere across the nation. We did extensive stories seeking to Manitoulin islanders who met Fox on his journey, we ran photos of him outside of Espanola. A substantial portion of that week's paper was a tribute to the young man who would come to embody the Canadian spirit — an everyman who accomplished something extraordinary.

It's actually hard to believe it all happened 30 years ago. Fox's legacy continues to this day, thanks to the annual Terry Fox Run for cancer research.

It began in September 1981, after Isadore Sharp, founder of the Four Seasons Hotels and the Fox family came together to launch the plan.

More than 300,000 people took part in that first one and raised \$3.5 million.

By 1989, more than one million people in 60 countries took part and raised about \$15 million.

To date, more than \$500 million has been raised in Terry Fox's name, incredibly.

So it was fitting Readings at Roselawn Authors' Series host and founder William Thomas brought in Leslie Scrivener for this season's final reading.

What Fox accomplished was nothing short of amazing and it should be remembered forever. It's a classic study in perseverance and determination against numbing odds.

If you have any interest in reading about Scrivener's visit last night at Roselawn, check out *The Tribune's* website today. Barring any unforeseen circumstances, the report on her visit should be there and should also be in tomorrow's *Tribune*.

• George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the Journalism Faculty at Niagara College. He welcomes comments and column suggestions and can be reached at gduma@coega.ca.







## ■ THINKING

# Think back to the time when faith was vibrant and exciting

FROM PAGE 5

Joe simply smiled. "Did I say that you had to feel anything first, Bob? Just do it. It's only for 90 days anyway."

Bob walked away, shaking his head.

Six weeks later though, he showed up at Joe's place, all excited. "I can't believe how much our marriage has changed!" He related how his wife was initially suspicious of his awkward attempts at re-kindling the fire, wondering what the "catch" was. After a while, though, she realized that he was genuinely making an attempt to turn over a new leaf. Her attitude changed, she started treating him the way she used to in the early years and they were "in love" again. The feelings had returned from their extended holiday, too.

I asked the nascent backslider in front of me to think back to the time when her faith was vibrant and exciting. What did she do then that she was not doing anymore?

She admitted that she was not devouring the Bible as she did back then, she had not been praying as regularly, she had not been spending quiet time in God's presence and journaling what she heard, she had not been associating with other believers quite as much, just to name a few. I suggested she "go retro" for a few weeks and see what happened.

Sure enough, within a very short time, she began to notice some changes. The feelings she used to experience came back and she was falling in love with Jesus all over again. The journey back to the frontlines had now begun.

The words of advice given to Bob and to our member worked, because they have their origins in the Bible. "The love you had at first is gone. Remember how far you have fallen. Return to me and change the way you think and act, and do what you did at first." (Revelation 2:5).

"The love will work for all who've lost their gusto. Just 'go retro.'"

*Jeeva Sam pastors Morgan's Point and Forks Road East United churches*

## ■ EMPLOYMENT: Port Colborne youth job centre open



## Finding student jobs like 'needle in a haystack'

InPort News Staff

**PORT COLBORNE** — Students searching for summer jobs just got a helping hand.

Last week, the Centre for Youth Service Canada Centre for Youth officially opened its doors at 176 Catharine St. (beside Port Cares).

It provides students with a wealth of information and support throughout the summer.

Youth services officer Melissa Gallina will help students searching for summer jobs with access to job post-

ings, resume writing, job interview techniques, volunteer opportunities and information on health and safety, wage rates, federal and provincial government programs and services.

The office remains open until Aug. 20.

Employers searching for employees can post their jobs with the centre to attract more applicants.

Since 1997, the centre has partnered with Port Cares. This year the centre is located in the same building as the Powerhouse Project.

The office is open 8:30 a.m. to 4:30

p.m. Monday to Friday or by calling 905-834-3629 ext. 281.

"For a student, finding a job is like finding a needle in a haystack and we can help," Gallina said.

Job postings are also available on line at [www.jobbank.gc.ca](http://www.jobbank.gc.ca).

**KAESHA FORAND** Staff Photo

Until the end of August, Melissa Gallina, youth services officer with the Service Canada Centre for Youth, will help with resumes and interview skills, provide health and labour law information and teach job search techniques.

### 18th Annual PORT COLBORNE HOSPITAL FOUNDATION

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■ PHOTO CONTEST: Take your best photo

# Picture perfect Port Colborne

InPort News Staff

PORT COLBORNE—Capture the city in the spring and you could win a \$100 gift card for use at a local business.

The City of Port Colborne announced its latest photography contest which runs from now until June 30.

"This contest provides a way for photographers to capture the beauty and uniqueness of Port Colborne in the spring, as well as provide a way for participants to display their creativity and provide the city with another resource to showcase Port Colborne," said the city in a release.

"The season's arrival brings along with it some unique photo opportunities including migrating birds, blooming flowers and flowing creeks. The city is searching for those images that best capture the essence of spring."

The contest is open to residents and visitors to the city. Photographers of all ages and abilities are invited to submit entries.

Photo contest submissions are being accepted until June 30.

Up to five photographs may be submitted per person. There is no entry fee, however, pictures submitted must be high-resolution, digital format and by submitting, entrants give the city permission to use the photos for promotional purposes for the city.

Photos can be of any location in Port Colborne and people in photo must have consented to their picture being taken, or be not recognizable (in the background).

The city said the winning photo will be selected in July and featured on the Port Colborne website and other print marketing produced for the city.

Complete contest rules, information and entry forms can be found on the city's website at [www.portcolborne.ca](http://www.portcolborne.ca).

For more information, contact marketing and tourism co-ordinator Erin Puzosbon at 905-834-1668 ext. 233 or e-mail [erinpuzosbon@portcolborne.ca](mailto:erinpuzosbon@portcolborne.ca).




## ASK Our Pharmacists

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### Migraines

Many people suffer from migraine headaches. In fact, most headaches are migraines. Symptoms include moderate to severe pain, which may be confined to one side of the head or affect both sides. Pulsing or throbbing pain. Pain that worsens with physical activity. Nausea and/or vomiting. Sensitivity to light and sound.

Some migraines are preceded by an Aura (changes to vision, flashes of light, feeling of pins and needles in an arm or leg), and others are not.

The cause of migraines is not completely known but it is suspected that they result from changes in the trigeminal nerve, and/or imbalances in chemicals in the brain like serotonin.

There are a number of different triggers for a migraine. Understanding these may help people avoid them. The first is hormonal changes in women. Fluctuations in estrogen can trigger a migraine. Often women report a headache immediately before or during their periods when they have a drop in estrogen. Oral contraceptives and hormone replacement therapy can sometimes worsen migraines. However, some women find it useful to take a monophasic birth control pill without a rest period between packages. This can help to keep estrogen levels constant.

Migraines can also be triggered by certain foods. The most commonly reported are; alcohol (especially beer and red wine), aged cheeses, chocolate, yeast, overuse of caffeine, MSG, salty food, processed foods, and foods containing nitrates like hot dogs and salami.

Eliminating gluten from the diet has been shown to reduce migraines in some people. Migraine sufferers were ten times more likely than the general population to have Celiac disease (a disease characterized by an intolerance to gluten). Patients on a gluten-free diet have been shown to have a decrease in migraines. (Celiac testing can be performed at certain pharmacies).

Other triggers include, stress, bright lights, loud sounds, unusual smells, changes in sleep patterns, physical exertion, a change in the weather and certain medications.

Treatments for migraines are readily available. Some of the counter remedies include non-steroidal anti-inflammatory drugs like Advil. A good starting dose is 400mg. You need to make sure it is safe for you to take this because it can cause side effects such as stomach ulcers, and an increased risk of bleeding. Tylenol can also provide some benefit. A good starting dose is 500mg. Patients need to be careful they do not exceed four grams of Tylenol a day as it can cause liver toxicity. Caffeine is also recognized as a treatment for migraine when it is combined with Tylenol and Aspirin.

One thing to be aware of is that if you take these headache medications more than nine days a month in high doses you may be at risk for rebound headaches. This can occur when your medication not only stops relieving the pain but actually begins to cause headaches.

Antiemetics such as Gravol can also help relieve symptoms of nausea and prevent vomiting. This improves the effectiveness of the oral medications taken.

Serotonin agonists like Zomig and Imitrex require a prescription but can be very effective. Serotonins are also quite expensive but are usually covered by drug plans. It is best to take these medications at the first sign of a migraine for them to be most effective.

Tricyclic antidepressants such as Amitriptyline have been used to prevent migraines but they have some adverse effects such as insomnia, sedation, sexual dysfunction, and withdrawal symptoms.

Some herbal treatments have shown some evidence of effectiveness. These include feverfew, butterbur, riboflavin, and Coenzyme Q10. Of course you should consult your physician to see if it is safe for you to take these, and pregnant women should avoid them.

Migraines can be debilitating. If you are a chronic migraine sufferer there are steps you can take to avoid the number of attacks, and there are safe effective medications you can take to help eliminate them. Talk to your pharmacist to see what approach is best for you.

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## Feeling a bit Constipated?

Constipation is defined as having a bowel movement fewer than three times per week. With constipation stools are small, hard, dry, small in size, and difficult to eliminate. Some people who are constipated find it painful to have a bowel movement and often experience straining, bloating, and the sensation of a full bowel.

Some people think they are constipated if they do not have a bowel movement every day. However, normal stool elimination may actually be three times a day or three times a week, depending on the person.

Constipation is a symptom, not a disease. Almost everyone experiences constipation at some point in their life, and a poor diet typically is the cause. Most constipation is temporary (thankfully) and not serious.

As a matter-of-fact, constipation is one of the most common gastrointestinal complaints in North America. More than 4 million people have frequent constipation, accounting for 2.5 million physician visits a year. Those reporting constipation most often are women and adults ages 65 and older.



Here's how your body works...as food moves through the colon, the colon absorbs water from the food and it forms stool (waste products). Muscle contractions in the colon then push the stool toward the rectum. By the time the stool reaches the rectum it is solid, because most of the water has been absorbed.

Constipation occurs when your colon absorbs too much water or if the colon's muscle contractions are sluggish, causing the stool to move through the colon too slowly. The stool then becomes hard and dry causing the whole process to back-up and plug.

If you are suffering from the discomfort of constipation or if you are not regular, we highly recommend you try CleanseMore from Renew Life. CleanseMore is a natural formula for relief of constipation. It stimulates the colon's functions and promotes elimination without the use of harsh laxatives

For more info about CleanseMore, visit [Rosemary's Natural Choices](http://Rosemary's Natural Choices).  
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Information is provided for reference only. For specific health issues consult your local natural health practitioner.

■ **CONTAMINATION:** Final version headed to ministry

## Soil assessment report goes online<sup>8</sup>

MARYANNE FIRTH  
InPort News Staff

PORT COLBORNE — "We're getting close to the end of the road," said Harry Wells, chair of Port Colborne's community based risk assessment public liaison committee.

The committee held a meeting last week to present the draft final report for Stage 1 of the CBRA, a process that has been ongoing for the past 10 years.

The assessment addresses the issue of historic soil contamination attributed to operations at the Inco nickel refinery in Port Colborne.

Stage 1 of the process involves the application of technical and scientific information from scientific literature, as well as data from several ecological risk assessments and human health risk assessments specific to Port Colborne.

The draft final report includes background information on happenings during the decade-long process, as well as comments and recommendations regarding the structure of the PLC and the CBRA process.

Wells encouraged the public to read the draft and provide input before the final report is created and submitted to the director of the Ministry of the Environment.

The report is available in its entirety on the city's website — [www.portcolborne.ca](http://www.portcolborne.ca) — at Port Colborne Public Library and city hall.

An open house will be held Thursday, June 10, beginning at 7 p.m. in council chambers, where the public will have an opportunity to share their thoughts and recommendations on the draft report.

People unable to attend the open house can share their comments, suggestions and recommendations in writing to city hall care of the PLC. Any additional comments and recommendations brought forth by the public will be included in the amended final report before it's submitted to the ministry.

The final report is scheduled to be submitted to the ministry director on July 8, the day of the final PLC meeting, which also takes place at 7 p.m. in council chambers.

[mfirth@wellandtribune.ca](mailto:mfirth@wellandtribune.ca)



Harry Wells

■ **PUTTING OUT THE FLAMES:** Lions help fire service

DAVE JOHNSON  
Staff Photo

Port Colborne Lions Club board of directors member Doug Lockyer uses an extinguisher to put out flames on a simulator the Lions helped Port Colborne Fire and Emergency Services purchase. The Lions gave a final \$3,000 cheque to the fire service last week for the extinguishers and fire simulator. In total, the Lions gave the fire service \$13,000 for the equipment that will be used to train the public and local businesses how to put out fires. Lockyer is a former Port Colborne fire chief.

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■ **NEW PROGRAM:** Food banks seek fresh produce

# Help feed families in Port Colborne

InPort News Staff

**PORT COLBORNE** — Port Cares food bank providers are asking area gardeners to Produce Plenty, Give to Many this summer.

Mary Anne Feagan, Port Cares Reach Out Centre manager, says Produce Plenty, Give to Many is a new program between Port Cares, Salvation Army and Port Colborne Inter-Church Food Bank.

"We're asking anyone in the community if they have excess fresh produce in their garden this year to donate it," says Feagan. The program is looking for things like potatoes, onions, and squash which are easily stored, but all produce like cucumbers, tomatoes and fruit are appreciated.

"Anything people donate would be great."

With 15% of families in Port Colborne in poverty, the price of fresh produce rising by 30% in the past year, and more people than ever relying on food banks and community meal programs, programs such as Produce Plenty, Give to Many are important, says Feagan.

"We get a lot of canned donations, but fresh produce is

so much better and healthier."

While you don't have to register your garden to donate, Feagan says those that do want to register can do so by calling the Reach Out Centre.

Once the program gets underway, fresh produce can be dropped off at the Reach Out Centre, 61 Nickel St., Monday through Friday. It can also be dropped off Tuesday and

Friday Mornings at Port Colborne Inter-Church Food Bank, on Elgin St., across from Port Colborne High School, and at Salvation Arms, 50 Clarence St., Tuesday and Thursdays between 9 a.m. and 3:30 p.m. and Fridays from 9 a.m. to noon.

For more information call Feagan at Port Cares Reach Out Centre at 905-835-1914.

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Preheat oven to 350 degrees F. Spray a 9 inch square pan with non-stick cooking spray.

1. Melt butter in the 9 inch square pan. Stir in brown sugar. Arrange pineapple rings and maraschino cherries over sugar mixture. Set aside.

2. Stiff together into a large bowl.

3. Add butter & milk. Then beat for 1 minute at low speed of electric mixer.

4. Add milk & eggs. Beat for 2 additional minutes at low speed. Pour batter into prepared pan & bake for 38-45 minutes, or until cake springs back when lightly touched. Immediately invert on serving plate and cool for 10 minutes before removing pan.

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Every Kid in Our Community Port Colborne-Wainfleet is a network of over 30 youth-serving organizations.

Through communication and collaboration we aim to ensure all children and youth feel safe, healthy, and cared for.

For more information on the Every Kid... Network, please contact Cynthia at 905-835-8941 X 150

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■ **FESTIVAL:** Youth share talents with community

## Young artists gather at The Hub

MARYANNE FIRTH  
InPort News Staff

PORT COLBORNE — The Hub was a hot spot for young talent last week during the first-ever May Queen Magic Music & Arts Fest.

Local bands, visual artists, comedians, dancers and filmmakers all gathered at The Hub at 72 Charlotte St. to express themselves and share their talents with the community.

Co-organizer Gab Mercier said the festival — the brainchild of Welland's youth arts and culture subcommittee — was created as an unofficial summer kickoff for area youth.

Many young artists don't have access to a venue where they can showcase their work, no matter the form, he said. That's something the sub-committee is hoping to change in the future.

The Hub allowed organizers to create their own show, bringing youth from all artistic mediums together.

"We wanted to incorporate as many forms of art as we possibly could," Mercier said.

Phillip Taylor, who also helped to organize the show, said the event was created "for the people, by the people," in hopes of inspiring local youth to share their talents.

The subcommittee will be working to create additional shows in the future, and is looking for local talent or volunteers interested in participating.

For more information, contact Taylor at 905-401-3459. Bands on the festival's roster included Universal Thought, Avoiding the Afterlife, Athena Flashing, Pompeii Henge, Xpetime and Hunters and Anglers.

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■ **FISHING:** 444 International Walleye Tournament set for June 18 to June 20

# Something fishy going on in Port

KAESHA FORAND  
InPort News Staff

**PORT COLBORNE** — Port Colborne and District Conservation Club is gearing up for its signature fishing tournament and campout.

June 18, 19 and 20 will see the club's signature 444 International Walleye Tournament — and being in its 19th year, it's the longest running tournament on this end of Lake Erie.

The big boat division includes four anglers, four pairs of rods and four of the biggest fish you can catch in a boat larger than 20 feet for \$250 before June 1, or \$400 after the early bird deadline.

The small boat division will see a maximum of three anglers with four rods in a boat smaller than 20 feet. Entry fee is \$125 before June 1 or \$200 afterwards.

"Participants are very happy with our program and praise us with a good, clean show," said Alfred Martinelli of the conservation club. "We changed it to Father's Day weekend, so it should be good fishing between Point Albino and Port Colborne."

A few things have changed this year — the tournament has been moved back to the Father's Day weekend and it is being held at Sugarloaf Marina.

June 18 is a 4:44 p.m. last-minute registration at the Sugarloaf Marina pavilion, June 19 will see fishermen making their way out into the lake from 7 a.m. to 3 p.m. on the big boats and from 8 a.m. to 4 p.m. on the small boats. The tournament wraps up on June 20 with small boat fishing from 7 a.m. to 2 p.m. and big boat fishing from 8 a.m. to 3 p.m.

Prizes are based on entries and with a full field of 100 big boats and 50 small boats, the top prize would be \$10,000 for the big boat and \$3,000 for the small boat with daily prizes awarded for the biggest fish caught.

All funds raised during the tournament go towards the club's programs including their fish hatchery and release program, bluebird nesting box program, cleanup program and tree planting program to name a few.

"To keep these programs alive and viable is very important. The Port Colborne and District Conservation Club walks the walk and talks the talk and puts their fundraising efforts right back where they belong into their programs. We are very proud of our efforts and continue to receive awards annually for our programs," said club president Chris MacEachern.

The conservation club is also holding its annual campout where children and their families can camp out at the club, learn about nature and the great outdoors.

From May 28, 29 and 30, the free event allows children under parental supervision the opportunity to camp out for free Friday and Saturday night at the club's headquarters on Second Concession, and take part in air gun shooting, fishing casting, archery and enjoy campfires.

see 444 | Page 12



File Photo  
Florian Raby weighs walleye during Port Colborne and District Conservation Club's annual 444 tournament in this August 2008 file photo. This year's tournament has been moved back to Father's Day weekend, June 18, 19 and 20, and is in its 19th year.



**PUBLIC INFORMATION MEETING**  
City of Port Colborne  
Downtown Central Business District  
Community Improvement Plan

The City of Port Colborne is soliciting your input into the development of the Downtown Central Business District Community Improvement Plan (CIP).

**The Public Consultation Meeting will be held on:**

**Date:** Thursday June 3 2010, from 6:00 p.m. – 9:00 p.m.  
**Address:** Council Chambers, City Hall  
66 Charlotte Street, City of Port Colborne

*This Public Consultation Meeting is not a legislated Public Meeting under the Planning Act.*

A Community Improvement Plan is a document that provides the framework to guide re-development and improvement within a defined area of need. A CIP allows a municipality to acquire, rehabilitate and dispose of land and provide grants and loans to owners and tenants, as well as to undertake infrastructure and public space improvements.

The Public Open House will be structured as follows:

6:00 – 6:45 – Informal Open House and Viewing of Streetscape Concept Panels  
6:45 – 7:15 – Consultant Presentation  
7:15 – 9:00 – Discussion workshop

Copies of the Consultant's presentation and additional information on the Community Improvement Plan will be available at the public meeting and on the City's website at [www.portcolborne.ca](http://www.portcolborne.ca).

We invite you to participate in this event and welcome your input. For more information, please contact:

Lindsay Richardson,  
Community/Policy Planner  
Ph: 905-835-2901 ex 129  
Email: [lindsayrichardson@portcolborne.ca](mailto:lindsayrichardson@portcolborne.ca)

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■ 444

## Campout a great experience

FROM PAGE 11

"The campout weekend allows children to get out of the city, off the computer and into the real natural environment that they are a part of. They learn about and experience natural lessons first hand and experience is the best teacher," MacEachern said.

Organizers hope that people who want to participate in Saturday's activities and free lunch camp overnight on Friday and can start setting

up camp after 5 p.m.

They are hoping to have about 60 children from the ages of six to their late teens.

MacEachern said learning to care about your natural world is the best experience to pass along to children. For more information on these events, contact Jackie Marinelli at 905-834-6142.

kforand@wellandtribune.ca

## ALONG THE LAKESHORE

### SUNDAY MAY 30

ARABELLA'S TEA ROOM and Port Colborne Historical and Marine Museum welcome the public to their annual Pie Social and History Fair for food, fun, and springtime festivities from noon to 4 p.m. After you sample Arabella's pie discover traditional skills at the Niagara Antique Power demonstration and the museum blacksmith shop. Perennial plants on the porch of the log house are looking for a new home in your garden. Bring your family treasures to have them appraised by an expert during our antique road show in the heritage research archives. Appraisals are \$6 each, with a limit of three items. For more information call 905-834-7604.

### THURSDAY, JUNE 3

WINGER-WAINFLEET WOMEN'S Institute meeting at noon at 62919 Perry Rd. Pot-luck picnic, bring a lawn chair.

### SATURDAY, JUNE 5

BIKERS RIGHTS ORGANIZATION Port Colborne is holding its second annual charity golf tournament at Emerald Pines Golf Club, 1878 Sherk Rd., Port Colborne, with a shotgun start at 10 a.m. Cost is \$75, with registration from 8:30 a.m. to 9:30 a.m. All proceeds will be donated to Special Olympics Ontario. For more information contact John Lacroix at 905-835-2210, Brad Cutler at 289-228-2769, Larry Davidson at 905-353-0121 or Penny Dalke at 905-357-2834.



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■ **WHO'S WHO:** Contest winner to be announced next week



KAESHA FORAND Staff Photo

Advertising account representatives Jo Ann Schaubel and Jack Wilson sift through dozens of completed Who's Who ballots. Ballots which correctly matched the business owner with their business will be entered into a draw. Winners of the contest will be announced in the June 4 edition of the InPort News with the correct answers.

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Candida is a yeast-like fungus present in the mouths of about 30% of adults, and in nearly half of all denture wearers. It doesn't cause much trouble when the denture fits well, mouth tissue is healthy, immune system intact and nutritional needs are satisfied.

But an ill-fitting denture, or bad denture habits, can adversely affect both nutrition and oral tissues, and open the door to Candida invasion.

It happens fast. Candida can spread over a denture in just 30 minutes! Since Candida actually permeates the acrylic liner of the denture, chronic infection can occur. The common result is denture stomatitis, that is red inflamed sores under the denture. Stomatitis will discourage from wearing the denture at all.

How to resist infection? Keep your mouth tissues in top condition. Remove your dentures more often, especially at night. Let's try to determine what elements of your diet might contribute to fungus growth. Best of all, have us evaluate your denture fit. In severe or chronic cases you may need to see your doctor.

Of course, life with a denture can be full and vigorous. But remember, your oral health will always need attention, denture or no denture.

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My three year old daughter is my inspiration.

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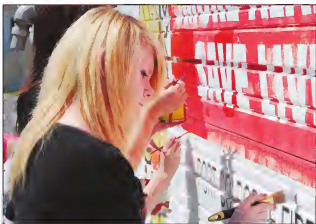
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# PAINT JOB: Lakeshore Catholic High School students put their skills to work in the community



DAVE JOHNSON Staff Photos

Lakeshore Catholic High School students repainted Sparky and the Working Smoke Alarms Save Lives sign on the door of Port Colborne Volunteer Firefighter Association's fire hall on Bell St. Working on the door in the photos clockwise from left are Cassandra Terryberry, painting the white section; Lakeshore teacher Dwilina Fanfara, painting the red section; from back Kelsey Edwardson, Terryberry, Fanfara, Jessica Lai and Taylor Muelleboom, in front of the door; Edwardson, painting the letters; and Lai and Muelleboom working on the white section by Sparky.

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tact the facilitators by e-mail at [gray10@gococa.ca](mailto:gray10@gococa.ca), or call the library at 905-834-6512.

## ONGOING

**THE 2010 PORT COLBORNE Household Hazardous Waste Depots** will be held in the

parking lot of Westside Arena, 54 Westside Rd. The depot will be open from 8 a.m. to 3 p.m. on the following Saturdays: July 17, Sept. 18 and Nov. 20.

**PORT COLBORNE HISTORICAL AND MARINE Museum**, 280 King St., open daily noon to 5 p.m. from May to December. Free admission. Explore our 2010 exhibits which recognize the Canadian Navy's 100th anniversary and

the Port Colborne museum's 35th anniversary. The Welland Canal exhibit offers visitors an interactive experience to learn about this vital waterway. The museum also features a century of heritage buildings, historic gardens, pathways, covered pavilion, gift shop and tearoom. The museum is the home of Canada's Century Car, the 1901 Neff Steam Buggy, one of Ontario's oldest existing automobiles.

## ■ ART SHOW: Annual sale



KAESHA FORAND Staff Photo

Port Colborne Art Club president Denise Hesler and artist Valerie Fox stand by Fox's oil painting of Long Beach in Wainfleet. The painting was one of hundreds up for sale during the art club's annual sale, tea and silent auction fundraiser held last week at the Bethel Community Centre.

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■ **LEADERSHIP:** Military parade organized by youth

# Port air cadets hold annual review

MARYANNE FIRTH  
InPort News Staff

**PORT COLBORNE** — The community is invited to salute Port Colborne's air cadets.

The Royal Canadian Air Cadets' 79th Lynton Davies Squadron will be hosting its 68th annual ceremonial review and inspection on Tuesday, June 1, at West Side Arena beginning at 7 p.m.

Commanding officer Capt. John Derosue encouraged the public to attend the review, to support the accomplishments youth in the community have achieved.

The year-end review will include a military parade with about 25 marching cadets, both male and female, ranging in age from 12 to 18.

The parade is entirely run by the cadets, who use the leadership skills they learn throughout the year to organize the event.

The squadron will be inspected by Lynton Red Wilson, a former Port Colborne air cadet, who has been invited to act as this year's reviewing officer.

Wilson is a successful Canadian business executive who now serves as chancellor at

McMaster University, of which he is a graduate. He was appointed Officer of the Order of Canada in 1997.

With Wilson's presence, Derosue said he hopes to show the squadron a solid example of a successful person who's come from Port Colborne and the air cadets.

Second World War veteran Lynton Davies, the squadron's namesake, is also expected to be in attendance.

Derosue said the review is not only an opportunity for cadets to be on display for the community, but also a chance for youth interested in getting involved with air cadets to learn a little about the program.

Cadets are recognized during the event for the successes they've had over the past year.

"It's a chance to celebrate what these youth have accomplished," he said.

Derosue thanked local residents, businesses and the city for the support the squadron has received in the community.

For more information, visit [www.cadets.ca](http://www.cadets.ca).

[mfirth@wellandtribune.ca](mailto:mfirth@wellandtribune.ca)

■ **STOLEN CAR:** Boy from Port Colborne

# Joyride ends for 12-year-old

PETER DOWNS  
QMI Agency

**PORT COLBORNE** — On the bright side, at least they were both wearing seatbelts and didn't crash into anyone.

But that's about all a pint-sized car thief and his even younger passenger were doing right, police say.

Niagara Regional Police say a 12-year-old Port Colborne boy stole a Chevrolet Blazer and took it for an extended joyride over the long weekend with a nine-year-old friend.

"It doesn't happen very often. We have a lot of stolen vehicles, but not often by 12-year-olds with nine-year-old passengers," Sgt. Neil Orlando said Tuesday.

Police say the SUV was tipped off in Port Colborne Saturday night after a motorist left the vehicle with its keys inside.

Investigators allege a 12-year-old boy drove the SUV around the Port Colborne area most of that night, then headed to Welland Sunday to pick up his buddy.

"To the best of our knowledge, we didn't receive any driving complaints with regard to this vehicle or this individual," Orlando said.

The pair apparently drove around the city until the vehicle was almost out of fuel and pulled up to a gas station in the east end.

The gas station attendant was suspicious of the young driver and turned the pumps so he couldn't top up his gas tank, Orlando said.

The SUV pulled out of the gas station and drove away.

Police are crediting another motorist at the gas station with tipping them off about the preteen joyriders.

Orlando said a man at the pumps drove to a nearby seatbelt checkpoint being run by police and told them to be on the lookout for the pair.

Officers searched the area and found the stolen SUV a few kilometres away, near Aqueeduct and Niagara Sts.

Both of the boys were buckled up, Orlando said.

The young driver, who is known to police, seems to have handled the road surprisingly well, Orlando said.

The vehicle was returned to its owner undamaged.

"This could have been a bit of a tragedy," Orlando said. "Fortunately for him and the people on the road, there were no incidents."

The 12-year-old has been charged with possession of stolen property over \$5,000.

"Hopefully, intervention at this stage... will help him reform for the future so he's not involved with the police in years to come," Orlando said.



■ **NHS:** Tough sell in Port Colborne

# Bed closures start

JOHN VESSIOYAN  
InPort News Staff

WELLAND — By closing 39 complex continuing care beds in the region, Niagara Health System believes it is improving health care here.

But that will no doubt be a tough sell with local residents who are

directly impacted by the closures, which include slashing 22 beds in Welland, 10 at Port Colborne hospital and seven at Douglas Memorial Hospital in Port Erie.

"These were planned closures. This was part of the hospital improvement plan that was submitted to the LHIN (Local Health Integration Network) and as part of that plan there was the

reduction of the beds," said Wendy Robb, NHS health program director and regional director of transitional care and rehabilitation services.

Last December NHS announced that these changes would see light this spring.

see HOSPITAL | Page 20

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## ■ HOSPITAL

# Ten beds have already been closed in Port Colborne

FROM PAGE 19

"There's been a lot of other things that have been happening in the community and with closing the 39 complex continuing care beds we will still have 195 complex continuing care beds at five sites across the system."

"And with that there's been more support and more services put into the community."

Ten beds have already been closed in Port Colborne, Robb said.

That leaves the hospital with 46 complex continuing care beds.

Some beds in Welland have already been shut down. Once the final closures take effect in Welland, there will be no complex continuing care beds on the fifth floor of the hospital, but there will be 35 remaining at the Woolcott

Wing of the site.

"This is a gradual process that we started closing the beds about a month ago because recognizing that most of the people in these beds are seniors and so it was a planned closure. So we started to work towards that," she explained.

"Because we're very sensitive to the patients and families who we have on the floor ... and the seniors waiting for a place in a nursing home that we know that it could take some time, so we've been doing it gradually."

However, the closures don't mean the fifth floor can't be used in the future if there's a big need for the beds.

"If we have bed pressures in the future at the site, we're going to use that unit ... if we need to open beds we'll have the floor there, we'll have the equipment there and we can

open those beds on a temporary basis to meet the needs of the site — if there's pressure in emergency," Robb said.

Patients in complex continuing care units receive a higher level of care than what is provided by long-term care homes or other nursing facilities, the NHS said.

These people, who are mostly senior citizens, have chronic illnesses or disabilities and usually require 24-hour care and access to complex medical services. Employees won't be negatively affected by the bed closures.

Two nurses in Welland have retired and all other staff have been redeployed to other Niagara Health System sites in the region.

jusssoyan@wellandathrune.ca

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## Tenders A940

**FORM 6**  
Municipal Act, 2001  
**SALE OF LAND BY PUBLIC TENDER**  
THE CORPORATION OF THE TOWN OF PELHAM  
Take Notice that tenders are invited for the purchase of the land described below and will  
be received until 3:00 p.m. local time on 15 June 2010, at the Pelham Municipal Building,  
20 Pelham Town Square, P.O. Box 400 Fortnall, Ontario L0S 1E6.  
The tenders will then be opened in public on the same day as above as possible after 3:00  
p.m. at the Pelham Municipal Building, 20 Pelham Town Square, Fortnall.

**Description of Lands:**  
Plot No. 27 32 632 012 02301 0000; Welland Rd NS, Fenwick PIN 54033-0367(L) Plot  
Lot 3 Concession 9 Township of Pelham designated as Part 1 Plan S9111076; PELHAM  
File 98-91  
Minimum Tender Price: \$7,843.66

Tenders must be submitted in the prescribed form and must be accompanied by a deposit  
in the form of a money order or of a bank draft or cheque certified by a bank or trust  
corporation payable to the municipality and representing at least 20 per cent of the tender  
amount.

Except as follows, the municipality makes no representation regarding the title to or any  
other matters relating to the land to be sold. The municipality has received written notice  
from the seller for the adjoining landowner on the east side of the lands that she owns the  
ownership of a portion of the lands by way of adverse possession. Responsibility for  
ascertaining these matters rests with the potential purchasers.

This sale is governed by the Municipal Act, 2001 and the Municipal Tax Sales Rules made  
under that Act. The successful purchaser will be required to pay the amount tendered plus  
accumulated taxes and the relevant land transfer tax.

Note: G.S.T. may be payable by successful purchaser.

For further information regarding this sale and a copy of the prescribed form of tender visit  
www.ontariotaxsales.ca, or contact:

Elaine Ronald  
Tax Clerk  
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**1/2 PRICE 5.99 lb.**

Limit 6 steaks per family

<b>IDEAL FOR BAR-BQ</b> FRESH PORK BONELESS CENTRE CUT PORK CHOPS <b>1/2 PRICE 2.99 lb.</b>	<b>DELI Specials</b> Semi-cured HAM KOLBASSA <b>2.99 lb.</b> Semi-cured BLUE RIBBON BOLOGNA <b>2.99 lb.</b> Semi-cured MOZZARELLA CHEESE <b>4.99 lb.</b>	<b>IDEAL FOR BAR-BQ</b> PUPPO'S FRESH PORK SAUSAGE PATTIES HOT, MILD, MONEY GARLIC OR RED ROASTED PEPPER <b>\$1 each</b>	<b>Cook's FULLY COOKED SPIRAL SLICED HONEY GLAZED HAMS</b> <b>1/2 PRICE 1.99 lb.</b>
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<b>CUT FROM ONTARIO AA BEEF</b> <b>PUPPO'S REGULAR GROUND BEEF</b> <b>COMPARE THE QUALITY 1.99 lb.</b>	<b>FRUITE DRINKS or TETLEY ICED TEA</b> 2 litre jug <b>1/2 PRICE \$1</b> 6 bottle limit	<b>CUT FROM ONTARIO AA BEEF OR HIGHER</b> <b>RUMP ROASTS</b> AGED TO PERFECTION <b>SAVE 2.00 lb. 3.99 lb.</b>
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<b>FRIDAY SATURDAY SUNDAY ONLY</b> <b>D'ITALIANO BREAD</b> 675g loaf <b>2/54</b>	<b>Clorox ELITE PREMIUM 2-PLY BATHROOM TISSUE</b> Pkg. of 12 Double Rolls <b>4.99</b>	<b>Cracker Barrel</b> <b>KRAFT CHEESE</b> 500 g block <b>SAVE 5.99</b>	<b>COUNTRY HARVEST WHOLE GRAINS BREAD</b> 675g loaf <b>SAVE 1.25 1.79</b>
<b>SEALTEST LEMONADE</b> 2 Litre Carton <b>\$1</b>	<b>LAYS POTATO CHIPS</b> 2/5	<b>CHRISTIES THINSATIONS</b> 2/5	<b>ROMAN GNOCCHI RAVIOLI OR TORTELLINI</b> 1 LB. Bag <b>2/54</b>
			<b>OCEAN SPRAY CRANBERRY COCKTAIL</b> 1.5 Litre Bottle <b>3/510</b>

**LOCAL ONTARIO STRAWBERRIES NOW AVAILABLE!**

<b>NO. 1 GRADE CHILGAN ROYAL GALA APPLES</b> <b>99¢ lb.</b>	<b>NO. 1 GRADE USA NEW CROP PEACHES</b> <b>1.49 lb.</b>	<b>NO. 1 GRADE ONTARIO ASPARAGUS</b> <b>1.99 lb.</b>	<b>NO. 1 GRADE FLORIDA NEW CROP ZUCCHINI</b> <b>99¢ lb.</b>	<b>NO. 1 GRADE FLORIDA NEW CROP SWEET VIDALIA ONIONS</b> <b>1.49 lb.</b>
<b>CORER READY TO EAT GOLDEN PINEAPPLE</b> <b>3.99 EACH</b>	<b>NO. 1 GRADE FLORIDA NEW CROP MINI POTATOES</b> <b>99¢ lb.</b>	<b>NO. 1 GRADE ONTARIO LEAF LETTUCE</b> <b>99¢ EA.</b>	<b>NO. 1 GRADE ONTARIO RAINBOW PACK SWEET PEPPERS</b> <b>2.79 lb.</b>	<b>NO. 1 GRADE ARIZONA BABY GREENS OR BABY SPINACH</b> <b>3.99 lb.</b>

■ **CHOIR:** Group will continue to perform

## Robert Wood to retire from Harbour Lite Singers

MARYANNE FIRTH  
InPort News Staff

PORT COLBORNE — The Harbour Lite Singers will sing on, despite the upcoming departure of longtime director Robert Wood.

Wood has been working as the choir's director since 1997, and will pass on his conducting baton at the end of June.

"The reason I'm retiring is because I have too many choir's," the director said simply.

Each week, he gathers for practices with the Robert Wood Singers, Harbour Lite Singers and two choirs at Central United Church in Port Colborne.

Last August, Wood awoke to find himself unable to walk. He was diagnosed with a serious back injury and could not walk for the following three months. He now has to be cautious about taking on too much, so as to not agitate the existing injury.

Wood directs both of his church choirs on Thursday evening, and he then meets with the Harbour Lite Singers for a practice the following morning.

The choice was made to retire from Harbour Lite because of its slot in the weekly schedule, Wood said. Having so much to do in such a short period of time was beginning to have an effect on his recuperation. The 71-year-old will still continue to direct his other three groups.

Wood said the 60-member choir is to see him go, but it knows he'll still be at every performance.

Wood is proud of the fundraising efforts the group has undertaken during his time with them. The choir has performed several concerts to help raise funds for local community organizations, churches, seniors' clubs, libraries and nursing homes.

Wood said the Harbour Lite Singers also often visit long-term care facilities and retirement villages as part of the Seniors Singing for Seniors program that was implemented in 1999.

"I'm going to make the camaraderie, the fun we have together," he said.

Choir member Ron Gorham, of Fort Erie, will be taking Wood's place with the assistance by Eric Bean, of Ridgeway. Gorham is "quite capable" of taking on the director role, Wood said, as he "knows his music" and is trusted by the choir.

Wood said audiences are sometimes surprised at the wonderful music the seniors' choir is able to make.

"I really enjoy getting that good sound out of the choir." Being part of the audience rather than part of the show is going to take some getting used to, he said.

Wood played the role of master of ceremonies at many of the concerts, trying to put smiles on the faces of guests before the performance began.

The Harbour Lite Singers will perform a farewell concert, Seniors in Harmony, on Sunday, June 13, at Central United Church, 30 Delhi St. In Port Colborne, beginning at 2 p.m. This will be Wood's final concert conducting the choir.

Tickets are \$8 and are available from members of the choir or by calling Davies Stationery at 565-894-4933.

Wood is hoping to see a packed house for his farewell performance, with more than 350 people filling the church.



Robert Wood